

## **Cancer Prevention** *By Elizabeth Smoots, MD, FAAFP*

**These 3 steps could prevent one-third of cancers worldwide.**

**If you could do only 3 things to prevent cancer**, what should they be? To find out, the American Institute of Cancer Research (AICR) assembled scientists to analyze 7,000 studies in a 5-year project. Here are their top 3 recommendations for preventing cancer.

**STEP 1 Strive for a healthy weight throughout life.** *Strong evidence links excess body fat to some cancers.* The risk for cancer of the colon, kidney, pancreas, esophagus, uterus, and breast increases with even small amounts of excess body fat, especially fat at the waist.

Scientists have found that abdominal fat increases levels of insulin, a hormone known to promote cancer. Excess fat may also produce higher levels of growth factors that stimulate cancer cells to grow and divide.

**STEP 2 Choose mostly plant foods; limit red and processed meats.** *A plant-based diet contains many compounds your body can use to prevent or repair cell damage.* Whole foods are a much better source of protective nutrients than are supplements. Eat a variety of vegetables, fruits, whole grains and beans.

The AICR report also calls for limiting sugary beverages, processed foods high in sugar or fat and salty foods. If alcohol is consumed at all, the recommended limit is two drinks a day for men, and one for women.

**STEP 3 Get extra physical activity for 30 minutes or more every day.** Staying active helps reduce cancer risk by lowering hormone levels. Plus, regular exercise helps you avoid gaining excess weight (See Step 1).

### **MORE INFO**

American Institute of Cancer Research: [www.aicr.org](http://www.aicr.org)

Source:

“Food, Nutrition, Physical Activity, and the Prevention of Cancer: A Global Perspective.”  
American Institute of Cancer Research, 2007.

### **BEST BITS**

**Does sunscreen block your body’s absorption of vitamin D from the sun’s ultraviolet rays?** Yes. Worn correctly, sunscreen can reduce D absorption by as much as 90%, according to the Harvard School of Public Health. However, sunscreen does not begin working immediately after you apply it. If you apply sunscreen right before venturing out, you can get enough sun exposure to make vitamin D. To make vitamin D:

Limit sun exposure to 10-15 minutes twice a week to face, arms, legs or back. Note: If you live north of the line connecting Philadelphia to San Francisco, in the winter you can't make vitamin D because the sun's rays are not at the proper angle. Talk to your provider about a supplement if you live in northern latitudes or are sensitive to sunlight.

Source: "Vitamin D." HSPH, 2008. Accessed 12/4/08 at [www.hsph.harvard.edu/nutritionsource/what-should-you-eat/vitamin-d/index.html](http://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/vitamin-d/index.html).

**Travel tips to keep you on course with your fitness goals:** Whether packing for business or pleasure, take your walking shoes. And how about tossing in some elastic exercise bands? They're low-cost, portable, quiet and easy to use anywhere; you can exercise your entire body simply by working your muscles as you move and pull against the elastic resistance. Choose bands made of high-quality clamp and surgical tubing

Source: Charles S. Platkin. "Healthy Holiday Travel." Diet Detective, 12/1/08. Accessed 12/1/08 at [www.dietdetective.com/content/view/3549/156/](http://www.dietdetective.com/content/view/3549/156/).

[Page 2]

SPECIAL REPORT

## QUIZ: About Your Big Belly

**Excess belly fat is a bigger problem than it looks.** Beyond cosmetic concerns, gaining abdominal girth can be a significant health risk. What's too big? A *waist circumference* of more than 40 inches for men and 35 inches for women indicates high risk for health problems. However, risk may start to increase before this cut-off point. **What do you know about belly fat?**

**1. Having an apple-shaped body with a lot of abdominal (ab) fat increases your risk of:**

- a. heart disease and stroke
- b. several types of cancer
- c. diabetes and hypertension
- d. all of the above

**2. A pear-shaped body with excess fat in the hips, bottom and thighs has less risk to health because fat in these areas is subcutaneous, stored just below the skin.**

☐ True ☐ False

**3. Studies show visceral fat may increase with heavy consumption of all but:**

- a. alcohol
- b. trans fat
- c. complex carbohydrates
- d. calories

**4. Exercise reduces overall body fat but not the hidden intra-abdominal (visceral) fat that causes adverse health effects.**

☐True ☐False

**5. Lack of sleep can lead to fat storage in the abdominal area.**

☐True ☐False

## ANSWERS

1. *d* – Excess ab fat increases your risk of high LDL (bad) cholesterol, blood pressure and blood sugar, as well as resistance to insulin and low HDL (good) cholesterol. To measure waist circumference: Run a tape measure around your torso just above the highest point on each hip bone.

2. *True* – Much of excess abdominal fat may be visceral, stored deep in and around the liver and other internal organs in the body's mid-section. Research suggests these fat cells release substances that produce damaging effects over time. *Example:* Visceral fat may increase estrogen production, raising breast cancer risk, or induce chronic inflammation in the body, which raises cardiovascular risk.

3. *c* – Increasing portions of complex carbohydrate foods (such as fruits and vegetables) can help you lose weight because these foods are *low in calorie density* – they have fewer calories than foods of equal volume or weight. Plus, you can eat more of them and feel satisfied without adding extra calories.

4. *False* – Even if you don't see dramatic weight loss with exercise, studies show regular exercise may reduce your *visceral* fat – as much as 6%-7% in a year (exercising 30-40 minutes 5 days a week). Moderate-intensity aerobic exercise, such as walking or riding a stationary bike, is most effective; strength building also can help.

5. *True* – Large studies link regular sleep deprivation to obesity: Tracking 68,000 nurses for 16 years found the odds of gaining at least 33 pounds were 32% higher for those who slept 5 or fewer hours daily than those who slept at least 7 hours. Sleep loss seems to affect eating habits, increasing cravings for sweets and carbohydrates; it also affects hormones that regulate appetite.

**Good news:** Your belly may be the first place you gain fat, but it also tends to be one of the first places fat decreases when you lose weight. Losing just 2 inches from your waist reduces your coronary risk by 11% in men and 15% in women, according to a recent study.

Sources:

"Abdominal Fat and What To Do About It," Harvard Health Publications, 12/06. Accessed 12/10/08 at <https://www.health.harvard.edu/newsweek/Abdominal-fat-and-what-to-do-about-it.htm>.

“How to Get a Gut.” *Nutrition Action Healthletter*, 12/08, 3, 6. “Are you an apple or a pear?” *UC Berkeley Wellness Letter*, 6/08, 1-2.

[Page 3]  
FITNESS

## Unsporting Behavior

Are you at risk for a sports injury?

**With warm weather approaching**, get ready to leap into motion – but easy does it! Sports injuries peak each spring when people start doing too much too soon.

Many of these injuries are avoidable. So you can continue to enjoy outdoor pursuits in the months ahead, exercise these precautions when starting a new sport or activity.

**Adapt to new moves gradually.** Increase the time and intensity of your physical activities no more than 10% per week.

**Always warm up.** Ease into your sport or exercise session with activities that raise your body temperature a bit to allow your muscles and heart to adapt to the added demand. *Example:* Try a short walk or jog followed by sport-specific stretches.

**Cool down.** At the end of your activity, gradually slow your intensity to allow your body to ease back to a normal pace.

**Add strength-building exercises** twice a week to help prevent strain and injuries.

**Suit up.** Invest in appropriate protective gear – for example, helmets for biking, or elbow, wrist and knee pads for skating – and of course proper footwear.

**Take some lessons** or get advice from a trainer or instructor to learn the proper techniques for your sport. It's sure to enhance your enjoyment and may keep you from getting hurt.

## 4-Point Plan to Prevent Pain, Strain & Injury:

- 1) Consult your provider before significantly boosting your activity level.
- 2) Take a break if a movement is painful or just doesn't feel right.
- 3) Seek medical care for these signs – severe pain or swelling; numbness; skin discoloration; loss of function; or inability to bear weight after 24 hours of self care.
- 4) For virtually all of your exercise-related pain the best first aid is to rest and *apply ice as soon as possible*.

### MORE INFO

American Academy of Orthopedic Surgeons: [www.aaos.org](http://www.aaos.org)

### SOURCES

“Preventing summertime sports injuries.” *Journal of Musculoskeletal Medicine* 7 (2003): 318-320. “Start safely: Six simple ways to begin your exercise program.” American Council on Exercise, *ACE Fitness Matters* 9/10 (2004): 6-7.

## **Normal Weight Obesity: Beyond BMI**

**Identifying *normal weight obesity* is a new tool** in the battle against America’s bulging waistline – Mayo Clinic researchers use the term to describe people with a normal Body Mass Index (BMI) who have a high amount of body fat. If that seems odd, the researchers point out that obesity is generally defined as excess *fat*, not excess *weight*.

A recent Mayo study involved measuring the body composition (fat to muscle ratio) of 2,127 men and women; more than half of them had normal weight obesity. Normal weight obesity participants with the highest body fat percentages were at greater risk for metabolic problems, including hypertension, high triglycerides, abnormal cholesterol and insulin resistance – all factors in heart disease.

The research, published last year, challenges the notion that a normal BMI (18.5-24.9) always protects against developing metabolic conditions, type 2 diabetes and heart ailments. But determining a person’s body fat percentage or measuring the waist to determine abdominal fat (a risk factor for type 2 diabetes and heart trouble) may better predict heart disease risk than the traditional BMI. BMI measures weight only in relation to height, and cannot determine the ratio of fat to muscle or location of fat in the body.

### **Sources**

“Normal weight obesity: An emerging risk factor for heart and metabolic problems.” Mayo Clinic, 3/27/08. Accessed 11/21/08 at [http://www.eurekalert.org/pub\\_releases/2008-03/mc-nwo032708.php](http://www.eurekalert.org/pub_releases/2008-03/mc-nwo032708.php).

“Normal weight obesity: A real health risk.” Mayo Clinic, 9/2/08. Accessed 11/24/08.

**GOAL LINE: Best overall exercise is AEROBIC** – start with 10-minute moderate workouts 3-4 days a week; increase time and intensity 10% a week.

[Page 4]

ON YOUR MIND

## **Mind Your Mental Health**

### **How Well Do You Control Stress? Or Does Stress Control You?**

**Money is usually the No. 1 worry** for Americans when surveyed. In the current economy, financial uncertainty is a burden many people share; the stress and negativity

can be contagious. Without coping skills, chronic stress leaves us vulnerable to mental and physical health problems. ***How well do you manage stress?***

- ☐ Do I know how to calm down when I feel upset?
- ☐ Am I able to avoid staying angry or negative?
- ☐ Am I able to avoid feeling moody or distracted?
- ☐ Am I able to recognize what upsets others?
- ☐ Can I turn to others at work to help me calm down and feel better?
- ☐ Do I usually feel relaxed and alert when I come home from work?
- ☐ Can I easily turn to family or friends for a calming influence?
- ☐ Do I know how to boost my energy when it's low?

**If you can answer YES to most of these questions**, you're probably doing well to control stress. If you mostly answer NO, stress may be controlling your life. The most telling sign of stress overload is your health. **How many of these symptoms do you have?**

#### **Mental**

- ☐ Poor memory and concentration
- ☐ Constant worrying
- ☐ Lack of interest in normal pleasures
- ☐ Feeling overwhelmed or overworked
- ☐ Feeling isolated

#### **Physical**

- ☐ Using alcohol or drugs to relax
- ☐ Eating more or less
- ☐ Sleeping more or less
- ☐ Nervous habits (nail biting, pacing)
- ☐ Frequent headache, stomachaches or colds

**Let the exercise above be your first step to feeling less stress.**

Life is full of stressful events beyond our control – it is often a lack of control that causes stress. Worrying achieves little and hinders the ability to cope.

Identify and work on constructive steps. For example, you can't control economic fluctuations but you can reduce the financial impact on you by planning wisely and using your resources.

#### **Low-Tech Stress Relievers:**

- **Money tight?** Clip coupons. Rent DVDs instead of going out. Spending less helps you maintain some control over your situation.
- **Exercise** – in many ways, it's the best medicine.

- **Writing down your feelings** may reveal solutions and ease stress.
- **Help others** who are less fortunate. Nothing puts life into perspective better.
- **Look at the upside** of the situation. How can it make you stronger or smarter?
- **Look at the positive.** Appreciate the good things in your life.

Sources:

Madison Park. "Study: 8 out of 10 Americans stressed because of economy." CNN.com, 10/7/08. Accessed 12/8/08 at <http://www.cnn.com/2008/HEALTH/conditions/10/07/economic.stress/#cnnSTCText>.

"Understanding Stress." HelpGuide.org, 2008. Accessed 12/9/08 at [http://www.helpguide.org/mental/stress\\_signs.htm#signs](http://www.helpguide.org/mental/stress_signs.htm#signs).

Jim Estill. "Eight Ways I Deal With Stress. Time Leadership." 8/2/06. Accessed 12/9/08 at <http://www.jimestill.com/2006/08/eight-ways-i-deal-with-stress>.

## **Creativity @ Work**

**What does creativity mean to you?** Maybe it's playing a musical instrument, building a workshop, designing a garden, or cooking a special meal. A little creativity can also help us do our jobs better – new, original and useful ideas keep our work interesting and productive. To stimulate your creative muscle:

- 1. Go outside and look around.** The fresh air and surroundings can clear your mind and inspire unique perspectives.
- 2. Explore new things wherever you go** – try a new sport, start a new hobby, listen to a new form of music, or tour a new town.
- 3. Consider new or opposite opinions** you normally don't favor.
- 4. Remove the clutter** in your workspace to reduce distraction.

Source:

"In Search of New Ideas." *Top Performance*, 11/08.

**GOAL LINE:** If you couldn't quit tobacco the first time, try again – and again. Never lose sight of your reward: feeling and living better.

## Home from the Hospital

**For the success of any hospital stay** you need an exit plan. The National Alliance for Caregiving recommends your planned home care following discharge include these 3 “Bs.”

**BE *realistic*.** Ask your nurse or provider to evaluate your condition and determine how much care you will need after discharge.

**BE *persistent*.** You have the best knowledge of your home situation. Work with your hospital discharge planner to review your choices and find options that will work for you.

**BE *prepared*.** Work with your provider and discharge planner to develop your patient care plan. Some to-do’s before you are admitted or head home:

- **Schedule help from family** or friends for your return.
- **Learn your diagnosis**, current health status, follow-up plans, and whom to contact if changes occur.
- **Get a list of your medications**, including doses, frequency, duration of use and adverse effects.
- **Learn and practice techniques** such as bed-to-chair transfers, wound care or equipment use.
- **Schedule any necessary home care services** such as visiting nurses and home care aides.
- **Determine your health plan’s coverage** of the services and the portion you would pay.
- **Arrange rental equipment** and any modifications to your home.

**Important:** If your hospital stay is elective (planned), prepare all you can for home care before being admitted. Avoid the need to make arrangements from your hospital bed; conserve your energy for a swift recovery.

More Info  
National Alliance for Caregiving: [www.caregiving.org](http://www.caregiving.org)

Source



“A family caregiver’s guide to hospital discharge planning.” National Alliance for Caregiving. Accessed 11/25/08 at <http://www.caregiving.org/pubs/brochures/familydischargeplanning.pdf>.

## **Online Medical Advice: Use With Care**

**More Americans than ever are surfing the Web for health information.** According to the Pew Internet & American Life Project, 80% of Web users in the U.S. search for health information online.

Health websites are available 24/7 and usually free, making them an appealing and convenient resource. Fortunately, many receive medical review – just take the information with a dose of caution and these steps:

**Choose sites that maintain current content and are regularly evaluated for accuracy by certified medical experts.** *Tip:* The Medical Library Association lists reviewed, reliable sites in “[For Health Consumers](#)”. Check out their top 10 sites.

**Review online advice with your health care provider before you try it.** Studies have shown that people who seek advice online are less likely to consult their provider. Trouble is, everyone experiences medical conditions differently; this makes your provider the best judge of treatment based on your personal medical history.

**Bottom line:** Responsible websites that provide reliable information will advise you not to use their content as a substitute for your provider’s advice. Look for a disclaimer and a list of experts who review their information. One thing no website can ever replace is your provider’s care.

Sources:

Medical Library Association "Warning over bad health advice online." *MedicalNews Today*, 10/18/04. Accessed on 11/21/08 at <http://www.mlanet.org/>.

“Online Health Search 2006.” Pew Internet & American Life Project, 10/29/06. Accessed 12/08/08.

[Page 6]  
SAFETY

## **Do You Have A Safe Work Style?**

**You are more likely to be hurt on the job if you:**

- 1) are stressed and preoccupied with personal problems;*
- 2) are unfit for a physically demanding job;*
- 3) or you fail to use protective gear and common sense.*

**Your best defense against workplace injuries is to stay aware. Check the following**

**habits relative to your job that you regularly observe.**

- ☐ I remove tripping hazards such as electrical cords and boxes from traffic areas, doorways and stairways.
- ☐ I observe safety signs.
- ☐ I report or correct hazards.
- ☐ I know how to properly operate equipment.
- ☐ I move oversized loads by lifting safely or getting help.
- ☐ I use a stepstool to safely reach overhead items.
- ☐ I always wear vehicle seat belts properly on and off the job.
- ☐ I always wear protective gear when needed.
- ☐ I avoid using medications on the job that can cause drowsiness, such as antihistamines.
- ☐ I never drink alcohol or use intoxicating drugs on the job.
- ☐ I follow company safety requirements and take them seriously.
- ☐ I keep outside doors locked when working late or alone.
- ☐ I focus on the present and deal with distractions later.

**More Safety Habits on (and off) the Job**

1. Close file drawers to prevent tripping and cabinet instability.
2. Never use a desk, chair or shelf to reach overhead objects.
3. Watch your step on highly waxed floors, spilled liquid and uneven walking surfaces. Remove obstructions from traffic areas.
4. Safely store hazardous chemical substances in original containers. Know the precautions.
5. Keep a complete first aid kit and fire extinguisher nearby.
6. Know emergency exits and evacuation procedures.
7. Keep portable space heaters clear of flammable materials.
8. Promote safety awareness whenever you can.

**Workers can significantly reduce hazards and injuries on the job. Keep safety in mind at all times for yourself and others.**

**Source:**

*Putting Safety To Work.* Oakstone Publishing: 2003.

**Avoid Aggressive Drivers**

**Dangerous driving habits are a serious threat** on the nation's roads. According to AAA, aggressive driving can double your chances of getting into a collision, leading to injuries and even death. **What can you do?**

**Behave behind the wheel:**

- Don't block or drive under speed limits in passing lanes.

- Keep away from erratic drivers.
- Don't fill more than one parking space.
- Don't tailgate. It's a major cause of rear-end collisions.
- Avoid yelling out the window or stopping on the road to argue.
- Don't speed up when someone tries to merge into your lane.
- Always buckle up in case of a crash.

#### **Back off from aggressive drivers:**

- Give way to bullish drivers. Why battle?
- Don't challenge them by racing, flashing lights or honking horns.
- Avoid eye contact with the driver.
- Ignore gestures and don't gesture back.
- Report unsafe driving to authorities.
- If the aggressive driver is in a crash, stop safely nearby and act as a witness to the driver's behavior.

Keeping your cool on the road can be challenging. You can't control how other drivers act, but you can make your drive safer for everyone.

Sources:

"Aggressive Drivers." National Highway Traffic Safety Association. Accessed 11/21/09 at [www.nhtsa.dot.gov](http://www.nhtsa.dot.gov).

"Road Rage – How to Avoid Aggressive Driving." AAA Foundation for Traffic Safety. Accessed 11/21/08 at <http://www.aafts.org/pdf/roadrage.pdf>.

[Page 7]

NUTRITION

## **Boost Your Family's Veggie Quota**

**Eating vegetables regularly is essential to good health and longevity.** They're packed with vitamins and minerals, fiber and countless chemicals known to boost health. Here are lots of ways to get the recommended 2-6 1/2 cups a day.

**1 Think of vegetables as more than a side dish.** Add a variety of vegetables to every meal and snack.

- Have your kids help create kabobs for grilling. Cut bite-size pieces of vegetables and skewer with alternating shrimps or chunks of meat or chicken.
- Layer thinly sliced vegetables on sandwiches. Good picks: cucumber, tomato, mushroom and avocado.
- Try vegetables with dip for an afternoon snack.

**2 Combine extra vegetables with favorite dishes.**

- Enjoy sautéed peppers, mushrooms, zucchini, asparagus, or onions in scrambled eggs or omelets.
- Enrich spaghetti sauce with kidney beans and zucchini.
- Cut meat volume in half and double the vegetables when making stews, soups and chili.
- Make or order your pizza with extra veggies.

### **3 Make salads daily fare. A large salad is 3-4 servings of vegetables.**

- Start each lunch or dinner with a generous mixed salad – it helps curb your appetite for the main course.
- Make salad an entrée by adding hearty leftovers such as cooked meats, beans or rotelli pasta.
- Add surprise ingredients such as nuts, sunflower seeds or dried cranberries.

*Invite your kids to shop for vegetables and help wash and prep them. They will love eating a dish they helped fix.*

## **Cool Tips**

**Healthiest balance:** Fill half your plate with vegetables; use a quarter of the plate for a healthy starch and a quarter for lean meat or fish.

**Make easy, creamy pureed soups** with (fresh or cooked) cauliflower, broccoli, sweet potato, or asparagus. Just add chicken broth and herbs.

**Keep ready-to-eat fresh vegetables handy**, including carrot sticks, cherry tomatoes, sliced bell pepper and olives.

**Save time** with bagged salad greens, spinach and chopped stir-fry vegetables.

**What's a serving?** A serving of vegetables is a half cup fresh or cooked or 1 cup of leafy greens.

## **RECIPE OF THE MONTH**

### **Vegetable Pasta Toss**

**A colorful vegetable dish designed to excite kids of all ages.**

- 1) Start with 4 cups cooked tri-color spiral pasta.
- 2) Pick 2 to 3 cups of vegetables such as:

1 cup broccoli florets  
½ cup snow peas  
½ cup carrots, julienned  
½ cup red bell pepper, sliced thin  
¼ cup sliced green onions  
½ cup light Italian dressing  
2 tbsp fresh lemon juice

**3)** Place 1 inch of water in a small saucepan; add broccoli and peas. Bring to a boil. Reduce heat; cover and simmer 2-3 minutes. Rinse in cold water and drain.

**4)** In a large bowl, combine broccoli and peas with pasta, carrots, bell pepper and onions.

**5)** Pour dressing and lemon juice over salad and toss to coat. Cover and refrigerate for at least 1 hour.

**MAKES 6 SERVINGS (about 1 cup each).**

**Per serving: 206 calories 6.5g protein 3.7g total fat 0g saturated fat 0mg cholesterol 36g carbs 3.1g fiber 167mg sodium**

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**GOAL LINE: To lose weight,** keep plenty of fruits and vegetables on hand. Their high-water content helps you feel satisfied on fewer calories.

[Page 8]

EXPERT ADVICE

### **Q: Choosing sports shoes?**

**A: Whether you walk, run, bike, hike or play several sports,** there's a shoe for you. The American Orthopaedic Foot and Ankle Society recommends a sport-specific shoe for sports you play 3 or more times a week.

When shopping, choose a store that specializes in fitting sports shoes and a sales staff who can judge proper fit; they should confirm size and watch you walk in the shoes. Fashion and color are nice features, but your priorities are fit and function. Choose support, comfort and construction appropriate to your activities.

### **More guidelines:**

- **Get your feet measured.** Sizes vary among brands.
- **Get fitted late in the day** when feet tend to be a little swollen.

- **The shoe should fit your larger foot.**
- **Shoes should conform to the shape of your feet, with roomy toes.**

*Tip:* You don't need to "break in" shoes. They should provide comfort and support from the moment you put them on.

Source:

"Know Your Sports Shoes." AOFAS, 1/08. Accessed 11/21/08 at [http://www.aofas.org/Scripts/4Disapi.dll/4DCGI/cms/review.html?Action=CMS\\_Document&DocID=199](http://www.aofas.org/Scripts/4Disapi.dll/4DCGI/cms/review.html?Action=CMS_Document&DocID=199).

### **Q: Fruit juice benefits?**

**A: The American Dietetic Association (ADA)** says 100% fruit juice is nutritious – most varieties provide a healthy dose of vitamins A and C, folate and magnesium, among other nutrients. Look for the label "100% juice".

Products labeled fruit "*drink*", "*punch*" or "*cocktail*" often contain more sugar than real fruit juice. Select juices that do not list sugar, syrup, artificial colors or preservatives. Avoid unpasteurized beverages because of risk of food borne illness.

*Tip:* The ADA says even fortified fruit drinks do not provide all of the nutrients in real fruit juice.

**How about calories?** Watch your juice consumption or you risk weight gain (an 8-ounce glass of apple juice contains 117 calories). Use a measuring cup to learn what 8 ounces look like. Make whole fruit your primary source – fewer calories, and always nutritious.

Consumed in moderation, pure fruit juice can be part of a healthy diet. ***Cheers!***

Sources:

"Fruit Juice Facts." Juice Products Association, 2008. Accessed on 11/21/08 <http://www.fruitjuicefacts.org/>.

"American Dietetic Association Reveals Trends in Children's Beverage Consumption." American Dietetic Association, 12/27/02. Accessed on 11/21/08 at [http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/media\\_jadahighlights01\\_ENU\\_HTML.htm](http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/media_jadahighlights01_ENU_HTML.htm).

"Health benefits of fruit juice." News-Medical.net, 9/5/07. Accessed on 11/21/08 at <http://www.news-medical.net/news/2007/09/05/29560.aspx>.

### **QUICK STUDIES**

**This will make you smile:** Happiness is infectious – literally. UC San Diego and Harvard researchers found that happiness travels far and wide in social networks – even to people who are separated by 3 degrees. Our level of joy depends on how many friends we have and how many friends they have. Scientists studied the emotional well-being of 4,739 people in the Framingham Heart Study from 1983 to 2003. Participants were 15% likelier to be happy if directly connected to a happy person; 10% if it was the friend of a

happy friend; and 6% if it was the happy friend of a friend of a friend.

Source: "Spreading the joy around." UC San Diego, 12/4/08. Accessed 12/5/08 at [www.eurekalert.org/pub\\_releases/2008-12/uoc--stj120108.php](http://www.eurekalert.org/pub_releases/2008-12/uoc--stj120108.php)

**How many Americans – adults and children – use complementary and alternative medicine (CAM)?** In 2002, 36% of U.S. adults (age 18+) used CAM, according to an annual nationwide federal health survey. The 2007 survey found 38% of adults and about 12% of U.S. children (1 in 9 under age 18) used CAM. In 23,000+ interviews, CAM is used most often to relieve back, neck and joint pain; it's popular with kids for pain, anxiety or stress.

Source: "According to a new government survey ...." NIH, 12/10/08. Accessed 12/10/08 at [nccam.nih.gov/news/2008/121008.htm](http://nccam.nih.gov/news/2008/121008.htm).